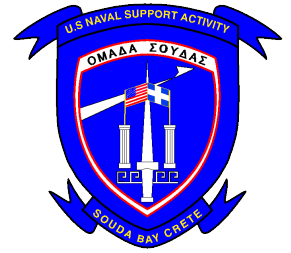
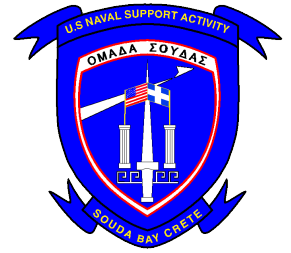


# "Souda Team 21"



RESPONSIBLE  
ALCOHOL CONSUMPTION  
MUST BE  
A  
LEARNED BEHAVIORIAL  
LIFE SKILL

# Sailor's Creed



I am a United States Sailor.

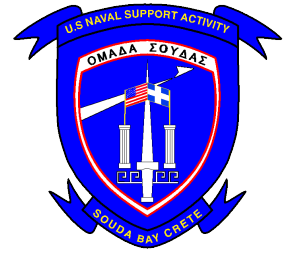
I will support and defend the Constitution of the United States of America, and I will obey the orders of those appointed over me.

I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.

I proudly serve my country's Navy combat team with Honor, Courage, and Commitment.

I am committed to excellence and the fair treatment of all.

# "Souda Team 21"



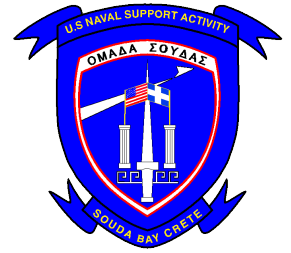
RESPONSIBLE  
ALCOHOL CONSUMPTION  
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LIFE SKILL

# “Souda Team 21”



Attendance of this course is mandatory for all U.S. military personnel under the age of 21, who are permanently assigned aboard NSA Souda Bay.

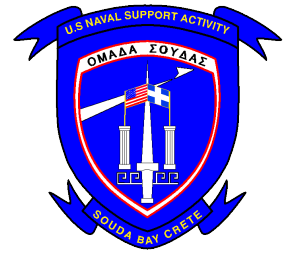
# Course Overview



## ❑ Course Composition:

- Eight hours of classroom instruction, presented in four two hour sessions called Learning Modules.
- Each week, a Learning Module is presented and facilitated by Chief Petty Officers.
- Learning Modules will be held on Wednesday evening from 1800 – 2000.
- Several key NKO personal awareness classes are also critical required components of this course.

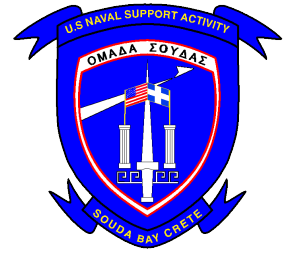
# Course Overview



## ❑ Course Completion Requirements:

- Each student must abstain from any alcohol consumption from the moment they arrive in Souda Bay, until course graduation.
- Each student must complete Check-In Sheet to its entirety.
- Each student must complete Command Indoc. Course.
- Each student must successfully complete all four Learning Modules through attendance, and active participation.
- Each student must successfully complete all

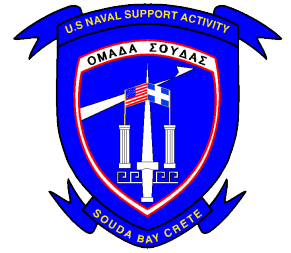
# Course Outline



## Learning Modules:

1. **Collateral Damage:** The negative impact that irresponsible alcohol consumption (abuse) can have on; career, life, parents, spouse, children, shipmates, the unit, the navy, and your country.
2. **Ask the Doc? :** The “TRUTH” about the human physiological damage/harm; both short & long term alcohol abuse can cause.

# Course Outline

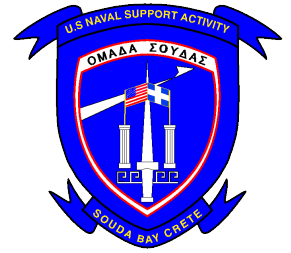


## Learning Modules:

3. **What's my limit?:** The “TRUTHS” about the mental and physical impairments of alcohol consumption. Blood Alcohol Content(BAC) level determination, the science of the “Breath-Analyzer. Motor skills aren't the only things lowered when drinking, discover the unforeseen harm of lowering one's inhibitions. Are you a Overseas Liberty Risk?
4. **Sudden Impact!:** How much can an ARI and/or a DUI cost you? What's your life or career worth? What does it cost the Division, Department, the Command, and the strategy of our host nation relations.



# Course Outline



## REQUIRED NKO COURSES

- ✓ Drug and Alcohol Abuse (CPD-GMT05-012)
- ✓ Details for: Success over Stress (PD0182)
- ✓ Basic Personal Finance (15043)
- ✓ Stress Management: Fundamentals for Employees (4
- Bring “COPY” of Completion Verifications to Class